

## Historic, archived document

Do not assume content reflects current  
scientific knowledge, policies, or practices.



HOUSEKEEPERS' CHAT

Wednesday, June 15, 1932.

(FOR BROADCAST USE ONLY)

Subject: "Banana Fritters." Information from the Bureau of Home Economics, U.S.D.A.

It isn't the birds alone who burst into song in the morning. You should hear Uncle Ebenezer carolling while he shaves. Every now and then, when life seems specially good, he gets out his songs and his razor at the same time. I don't know why he sings while shaving. But then I never did understand the ways of men anyway, though I've been trying for -- well, never mind. What I started to tell you was that I heard him singing this morning before breakfast. And what do you suppose the lines of the song were?

"Oh," sang Uncle Ebenezer, "The undertaker titters

"When you eat banana fritters."

That's all I heard, but that was enough. I haven't been listening to the foods and nutrition specialists all these years for nothing. So it's no wonder that song agitated and disturbed me. I went straight to the phone and called both the Menu Specialist and the Recipe lady all in one breath.

The telephone operator had a hard time getting the numbers straightened out but presently I heard the Menu Specialist's voice at the other end of the wire.

"Good morning," I said. "Is there anything dangerous about banana fritters? I mean does death occur after eating or --- "

"Beg pardon?" replied the Menu Specialist. "Are you quite sure you're awake, Aunt Sammy?"

"Quite, thank you, and upset into the bargain. Did you ever hear a song that goes like this: The undertaker titters when you eat banana fritters?"

"No, I can't say that I ever did. I do hope it has a nice tune. The words seem rather foolish."

At this point I heard Uncle Ebenezer shouting from the other room.

If she wants the name of my song, please tell her it's an old favorite called 'Some Little Bug Will Get You Someday.'

"Never mind," I said. "What I want to know please is just this: Are Banana Fritters all right to eat? Are they digestible and all that?"

"We don't recommend them for infants in arms or invalids, Aunt Sammy. All fried foods, you know, are somewhat slow of digestion. But for the normal healthy person banana fritters or any other kind of good fritters are a perfectly good food



if properly made. They're delicious food beside."

"I knew it, "I said. "I knew that banana fritters were good in spite of that vicious song. Thanks for backing me up."

"Not at all. By the way, you may be interested to know that only the other day the Recipe Lady worked out a tempting recipe for those fritters. I had some myself. You'd better see her and see what she has to offer on the subject."

Well, here I am with that prize recipe for banana fritters. I made an early call at the Recipe Lady's kitchen just so you could have these directions.

For tip-top banana fritters you'll need the following ingredients:

1 cup sifted flour	1 tablespoon sugar
1 teaspoon baking powder	1/2 cup milk
1/2 teaspoon salt	1 egg
	3 large firm but ripe bananas

That makes seven. (Repeat)

Sift the flour, baking powder, salt and sugar together. Add the milk to the beaten egg. Stir the liquid into the dry ingredients gently. Skin and scrape the bananas. Then cut them in halves crosswise and lengthwise. Dip each half into the batter and put slowly into deep fat which has been heated to 365 to 370 degrees F. When the fritter is golden brown on both sides that is, in about 2 minutes drain it on absorbent paper. Then sprinkle with powdered sugar, and serve piping hot.

There's more to say on the subject than just the recipe.

Fruit fritters like this fit into the meal in either of two places. They are very good to serve with the main course to take the place of a vegetable.

Certain kinds of meat, you know, seem to need something faintly sweet to go with them. Ham or bacon, for example. Banana fritters or other fruit fritters may even be used like a waffle with such meats.

Or, you can use the fritters, dipped in powdered sugar and served with tart red jelly for dessert.

Let me illustrate by giving you two good banana fritter menus:

Here's the first menu-- a simple luncheon: Frizzled chipped beef or crisp bacon; Banana fritters; Orange and grapefruit sections on crisp lettuce served with French dressing; Coffee.

There, you might say, the fritters take the place of a vegetable in the first course. Or you can consider them as main-course fruit like fried apples, broiled apricots and so on.

Now, here's another luncheon. This one features the fritters as dessert. Jellied vegetable salad made of green peas, diced celery and grated raw carrot in a tart gelatin mixture served with hard rolls and butter; and for dessert, hot banana fritters, sprinkled with powdered sugar and served with tart red jelly.





Every now and then someone in this world gets a black eye when he doesn't deserve it. That's often been the way with fried foods. They need a good friend to tell the truth about them. Since the subject of fritters came up today, it seems the right time to talk over any wrong ideas that anyone may have about fritters, croquettes, doughnuts, French fried potatoes and other good foods cooked in deep fat.

Whether they're digestible or not depends partly on your menu, the foods you eat with them, and partly on whether they are fried properly.

Of course, if you eat a big, heavy rich meal and top it all off with several doughnuts, you're likely to have an upset. The human system can only stand so many calories and so much fat food. But the blame can't all be laid to the doughnuts. It's the over-eating that did the damage. If you plan to have one kind of fried food at a meal, it's wise to choose lighter foods without much grease to go with it.

There is one thing about fat that most of us need to know. Fat does take longer to digest than the other types of food protein and starch. Nevertheless fat is a good fuel food and there's no use being worried if it does digest more slowly.

However, when it comes to the foods cooked in the deep fat, whether they're good for you or not, depends largely on the temperature at which you cook them. If the fat is allowed to get too hot and to smoke, it breaks up chemically into substances that are hard on the digestive system. So never let your fat for frying get hot enough to smoke. On the other hand, if it isn't hot enough, the food is likely to soak up the grease and become unappetizing and "heavy". For successful frying, the fat should reach just the right temperature to make a nice crisp brown crust at once that will protect the food from fat-soaking. That's why the home economists recommend that you use a thermometer and be absolutely sure that the fat is just right in temperature when you fry foods.

In general, fried foods are less popular in summer than in winter. They certainly aren't popular with me in very hot weather. And in the summer a hot cooking process like frying is far from pleasant for the cook. So, as a rule, fritters and so on are winter specialties. If the days are beginning to be very warm in your part of the country, save these menus and recipes until some time next fall when a hot fritter will go to the spot better than anything else.

Bananas are another food that had a black eye, in many people's opinion. Now we know that they are some of our best foods, whether eaten raw or cooked. When bananas are to be eaten raw, choose ripe ones. Here's the reason. The green or unripe fruit contains a good deal of starch. And starch, you know, needs cooking to be palatable. But when the fruit is ripe, most of this starch is changed to sugar and the banana not only has a better flavor but also makes a better food. Especially for children, choose the ripe bananas for eating out of hand. The firmer, less ripe ones can be saved for baking or for fritters.

Thursday: "Managing the Refrigerator."

